



# ***Project Connect Minnesota:***

**Promoting Healthy Relationships and Responding to Adolescent Relationship Abuse**



*Formerly Family Violence Prevention Fund*

# Overview of Project Connect

- National evidence-based initiative to build partnerships between the public health and violence prevention and intervention fields to improve the health responses to domestic and sexual violence
- Background - *Preventing Teen Dating Violence: A Plan for Healthy Youth Relationships in Minnesota* (report)
- Goal: improve services to youth for the prevention and intervention around domestic and sexual violence and reproductive coercion through universal screening of youth
- Coalition – Led by MCBW; Clinic pilot sites include Minneapolis School Based Clinics, myHealth, Annex, Family Tree, and Face to Face



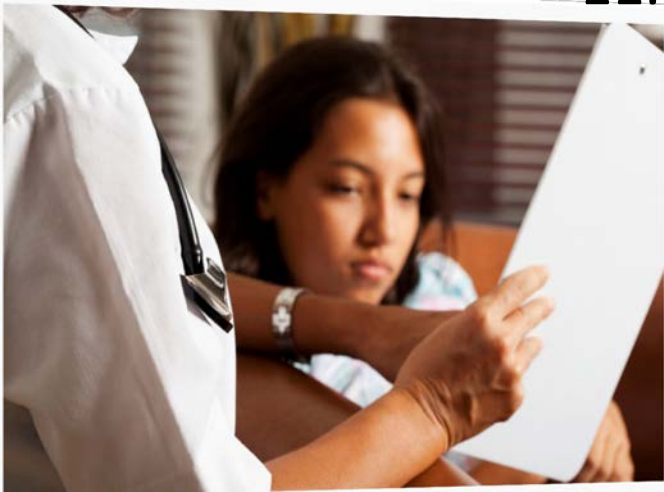
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“I talk to all my patients about this because we know...”

**1 in 5 (20%) U.S. adolescent girls report ever experiencing physical and/or sexual violence in an intimate relationship.**

**In Hennepin County –**

- 41.2% of youth experienced at least one form of ARA in their lifetime (physical or sexual)
- 59.5% experienced cyber dating abuse in their lifetime
- 11.9% experienced reproductive coercion in the past 3 months (female only)
- 93% believe it is helpful for providers to talk about healthy/unhealthy relationships





# Universal Anticipatory Guidance: Making Healthy Relationship Conversations Simple



**FUTURES**  
WITHOUT VIOLENCE™

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“We’ve started talking to all of our students about what they deserve in relationships...”

## How is it Going?

*Does the person you are seeing (like a boyfriend or a girlfriend):*

- ✓ Treat you well?
- ✓ Respect you (including what you feel comfortable doing sexually)?
- ✓ Give you space to hang out with your friends?
- ✓ Let you wear what you want to wear?

If you answered YES—it sounds like they care about you.

# When does texting stop being fun?

## Everybody Texts

### **Getting a lot of texts can feel good—“Wow, this person really likes me.”**

What happens when the texts start making you uncomfortable, nervous, or they keep coming nonstop?

### **Figuring out what to say can be hard, especially if you like the person.**

Be honest. “You know I really like you, but I really don’t like it when you text me about where I am all the time or pressure me for naked pics.” For more tips on what to say go to: [www.thatsnotcool.com](http://www.thatsnotcool.com).



Adolescents  
report  
disclosing  
abusive  
relationship  
experiences to  
friends far  
more often  
than to school,  
health, or  
other  
professionals

## How to Help a Friend

*Do you have a friend who you think is in an unhealthy relationship?*

### **Try these steps to help them:**

- Tell your friend what you have seen in their relationship concerns you.
- Talk in a private place, and don't tell other friends what was said.
- Show them [www.loveisrespect.org](http://www.loveisrespect.org) and give them a copy of this card.
- If you or someone you know is feeling so sad that they plan to hurt themselves and/or wish they could die—get help.

Suicide Hotline: 1-800-273-8255

# Review the Resources panel

*“On the back of the card are some phone numbers and websites, in case you or a friend ever needs information or support”*

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**FuturesWithoutViolence.org**



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Obstetricians and Gynecologists  
WOMEN'S HEALTH CARE PHYSICIANS

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**If you or someone you know ever just wants to talk, you can call these numbers. All of these hotlines are free, confidential, and you can talk to someone without giving your name.**

**National Teen Dating Abuse Helpline**  
**1-866-331-9474 or online chat**  
**[www.loveisrespect.org](http://www.loveisrespect.org)**

**Suicide Prevention Hotline**  
**1-800-273-8255**

**Teen Runaway Hotline**  
**1-800-621-4000**

**Rape, Abuse, Incest,  
National Network (RAINN)**  
**1-800-656-HOPE (1-800-656-4673)**



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# The Project Connect Intervention Works!

- Among women who received the intervention and experienced ARA – 60% more likely to end a relationship because it felt unsafe or unhealthy
- **“Some of us don’t grow up in a home where our parents have a healthy relationship. If we don’t see it at home, how can we grow up to have a healthy relationship? I want someone to talk to me, I want to be healthy.”**
  - 17 year of female
- **“I shared the card with my boyfriend and we talked about some unhealthy things we were doing in our relationship. Ever since that talk our relationship has gotten much better – healthier. This card helped me think about my boyfriend and me – it made it easy to talk about how we are doing.”** - Teen client who returned to SBC after 3 weeks to see the Nurse Practitioner with safety card in hand

# Evaluation Outcomes for MN Pilot Sites

## Outcomes

	Baseline Survey	Follow-up (3-6mos)
Recent ARA	17.7%	11.1%
Recent Cyber Dating Abuse	45.2%	33.3%
Recent Reproductive Coercion	11.9%	2.3%

# Possible Opportunities

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- Expansion into Native service providers/tribal communities in Minneapolis
- Expansion to youth service providers in Minneapolis
- Home Visiting to young parents – Healthy Mothers Healthy Babies
- Parents of young children – Adverse Childhood Events resource cards

# Local Resources at T.A.

- Katie Kramer, MN Coalition for Battered Women
  - Email: [kkramer@mcbw.org](mailto:kkramer@mcbw.org)
  - Phone: 651-646-6177 ext. 27
- MN Coalition for Battered Women
  - [www.mcbw.org](http://www.mcbw.org)
- Day One Crisis Line –
  - 1-866-223-1111